



# Lifelong Learning

Volume 2, Issue 2

October 2017

Springville High School  
Counseling Office

## Hope Week; Oct. 9th-17th

### Important Upcoming Dates

November SAT Sign up Deadline	10/5
Oct SAT	10/7
Practice SAT/National Merit Scholarship Qualifying Test	10/14
BYU Admissions Application Opens	10/16
FAFSA Night 5PM-8PM	10/25
October ACT	10/28
December SAT Sign up Deadline	11/2
December ACT Sign up Deadline	11/3
November SAT	11/4

The Hope Squad at Springville High School is proud to present this years Hope Week. Hope Week will be held from October 9th-October 17th (Yes we know that it is longer than an actual calendar week but there was just so much we wanted to do). The events for this week are as follows.

**Oct. 9th** - Hope Squad members will be handing out suicide awareness pins. Find a hope squad member and get yours.

**Oct. 10th** - Wall of Hope and Chalk the Block. Come leave your message of hope or favorite quote on the Wall of Hope or new this year, in chalk on the grounds of the courtyard. During lunch outside the cafeteria.

**Oct. 11th** - Come get to know your emotions

through a screening of the excellent Disney/Pixar Movie Inside Out. 7 PM in the G-wing Gym.

**Oct. 12th** - Flood the football field with Yellow and White. Yellow is the color of suicide prevention. Join the football team (each wearing a yellow sock during the football game) in showing you care by wearing Yellow or White to the SHS game versus Timpanogos High School. Game starts at 7PM.

**Oct. 13th** - Be a Hero Day. Come to School dressed as your favorite hero.

**Oct. 14th** - Support the Hope Squad by coming to the Sadie Hawkins Dance



from 7PM-10PM. \$15 per couple.

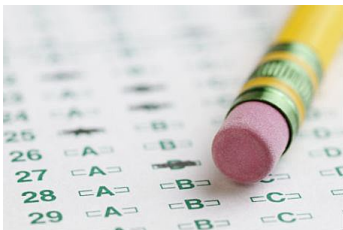
**Oct. 16th** - A local presenter will hold an assembly for the student body discussing how to overcome obstacles.

**Oct. 17th** - This same presenter will hold an adult informational meeting to help parents understand some of the things that students might be going through.

This will be a wonderful week that Hope Squad has worked hard to put together. Please come enjoy it with us.

## ACT Preparation Options

As many seniors are trying to get their last ACT in before college applications are due and many Juniors and Sophomores are beginning the early preparations for the test, here



are several resources to help.

**Classes** - Many organizations, including Springville High School, offer ACT preparation classes. The next SHS class begins on Saturday Oct. 7th at 8AM. To sign up, pay the \$50 fee to the finance office.

**Online** - There are many online resources. SHS has a sampling of them on their website at [shs.nebo.edu/](http://shs.nebo.edu/)

[content/testing.](#)

**Hard Copy Practice Tests** - SHS Counseling office has many copies of an ACT published full Practice ACT. The library also offers a number a ACT preparation manuals.

As you look through these different resources, please feel free to contact your counselor for more information about any of them.

## SHS Counseling

Springville High School  
1205 E 900 S  
Springville, UT 84663

Phone: 801-489-2817  
Fax: 801-489-2877

E-mail: [mike.johnson@nebo.edu](mailto:mike.johnson@nebo.edu)  
[corrin.owens@nebo.edu](mailto:corrin.owens@nebo.edu)  
[natalei.terry@nebo.edu](mailto:natalei.terry@nebo.edu)  
[aubrey.thornock@nebo.edu](mailto:aubrey.thornock@nebo.edu)

Follow us on  
Instagram :



@shs\_counseling



## Expert Advice: Tips to Maintain Posi- tive Mental Health

1. **Value Yourself:** Be kind and respectful of yourself, work on a talent or do something you enjoy.
2. **Take Care of You Body:** Eat Healthy, Get enough sleep, exercise.
3. **Surround Yourself with good people:** Make strong social connections with others.
4. **Give of Yourself:** Volunteer to help others.
5. **Learn How to Deal with Stress:** Find the effective coping skills that work for you.
6. **Quiet Your Mind:** Prayer and other forms of meditation are great practices.
7. **Set Realistic Goals.**
8. **Avoid Alcohol and other Drugs.**
9. **Get Help When You Need It.**

## Especially for Seniors . . . College Applications



"I want to show my colleges I'm well-rounded, so I wrote a poem in Spanish about how chess club has made me a better quarterback."

November 1st marks the first college admissions deadline in the state of Utah. From then until summer, schools throughout the country will be accepting applications and determining

**lines** - Every school has their own deadline and many of them have multiple deadlines. Always try to meet the earliest deadlines.

who they will invite to attend next fall. As students work through this process there are many things that they should keep in mind.

**Pay Attention to Dead-**

**Professional Email Address** - If a student does not already have one, they can be best served by setting up a separate email address that they can use for college applications, scholarships, and employment.

**Be Meticulous** - Double and triple check everything to make sure you avoid simple mistakes.

College applications mark the first step for many students in attending college. Don't forget that it is a first step. Students should also be looking at scholarship options, government financial aid, housing applications and many other things. As you work through this process work closely with your high school counselor and make contacts with your college. This can make the transition to college that much easier.